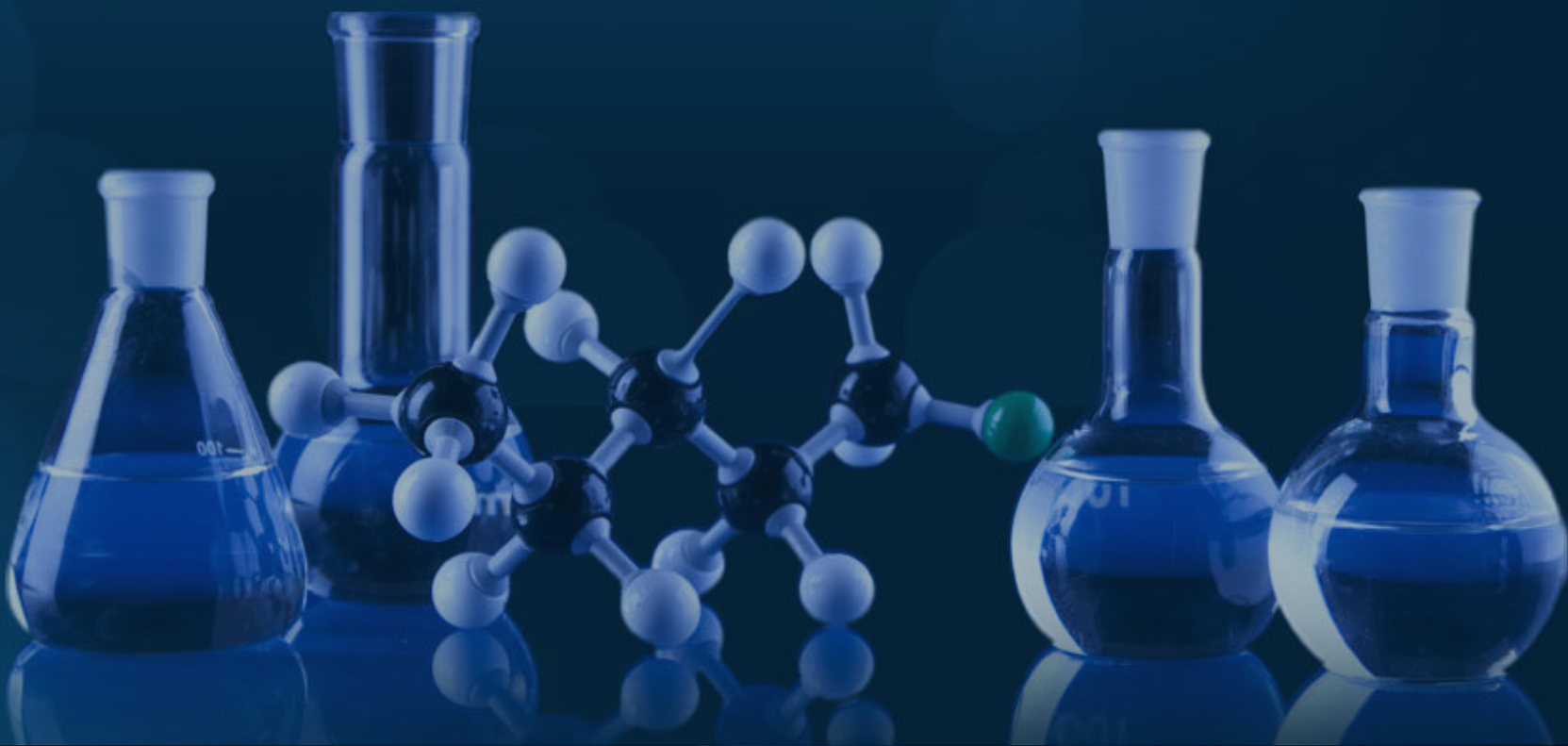




ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



# Magnesium

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## Sources Of Magnesium

Nuts -	almonds, brazil nuts, cashews
Vegetables -	soybeans, parsnips
Grains -	buckwheat, wheat bran, wheat germ, other grains
Miscellaneous -	chocolate, cocoa, molasses, brewer's yeast, kelp

## Roles In The Body

Sixty percent of tissue magnesium is located in the skeleton. The rest is within the cells, where it performs very essential functions.

Regulation of Cell Membranes -	permeability, muscular contraction, nerve impulse conduction and antagonism to calcium.
Enzyme Activation within the cells -	magnesium is essential for energy production, and protein synthesis.

## Functions Of Magnesium

Excretory -	prevention of kidney stones
Digestive -	laxative
Nervous -	maintains nerve conduction
Muscular -	prevents tissue calcification, needed for muscle contraction
Skeletal -	required for bone formation
Metabolic -	required for energy production, for glucose and fat metabolism, and for protein synthesis
Detoxification -	required for liver activity

## Nutrients That Work With Magnesium

- Vitamin D, lactic acid, lactose, high protein diet
- Potassium is a magnesium synergist in many enzyme systems

## Hair Analysis Notes

Absorption -	phytates found in grains, fluoride, phosphorus, low-protein diet
Utilization -	calcium. Drinking alcohol lowers magnesium levels. Junk food diets are often low in magnesium

## Hair Analysis Notes

### High Hair Magnesium:

- often associated with a SLOW oxidation rate, fatigue and depression.
- a high magnesium level often indicates that magnesium is being lost through the hair, resulting in deficiency symptoms such as anxiety and hyper-irritability.

### Low Hair Magnesium:

- often associated with a FAST oxidation rate, anxiety, irritability and high-strung personality.

## Reasons For Magnesium Supplementation

- to prevent calcium build-up in body tissues
- to enhance energy production and raise low sodium levels

*This material is for educational purposes only  
The preceding statements have not been evaluated by the  
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